Annie Lowry: Co-op Pioneer
See Page 10

Carolina Country®

February 1985

Richard Humbleston

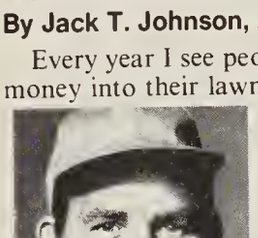
Two Grown Men Can't Pull It Apart! Zoysia Saves Time, Work & Money

So deep-rooted is Amazoy...it grows into practically indestructible turf.

Amazoy is the Trade Mark Registered U.S. Patent Office for our Meyer Z-52 Zoysia Grass

By Jack T. Johnson, Agronomist

Every year I see people pour more and more money into their lawns. They dig, fertilize and lime. They rake it all in. They scatter their seed and roll and water it.



Birds love it! Seeds which aren't washed away by rain give them a feast. But some seed grows, and soon it's time to weed, water and mow, mow ...until summer comes to burn the lawn into hay, or crabgrass and diseases infest it.

That's what happens to ordinary grass, but not to Amazoy Zoysia.

"MOWED IT 2 TIMES," WRITES WOMAN

For example, Mrs. M. R. Mitter writes me how her lawn "...is the envy of all who see it. When everybody's lawns around here are brown from drought ours just stays as green as ever. I've never watered it, only when I put the plugs in...Last summer we had it mowed (2) times. Another thing, we never have to pull any weeds — it's just wonderful!"

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FREE! UP TO 1000 PLUGS!

CHOKES OUT CRABGRASS

Thick, rich, luxurious, established Amazoy grows into a carpet of grass that chokes out crabgrass and weeds all summer long.

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End erosion of slopes with Amazoy. Perfect answer for hard-to-cover spots, play-worn areas.

NO SEED, NO SOD!

There's no seed that produces winter-hardy Meyer Zoysia. Sod of ordinary grass brings with it the problems of seed: like weeds, diseases, burning out, other ills. Save time, work, money. Plug in Amazoy.

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Your Amazoy lawn takes such wear as cookouts, lawn parties, lawn furniture, etc. Grows so thick you could play football on it and not get your feet muddy. Even if children play on it, they won't hurt it — or themselves.

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VIEWPOINT

Co-op Program: Almost A Miracle

This editorial was written by Gene Clifford, manager of cooperative education for the National Rural Electric Cooperative Association.

Secretary of State Dean Rusk had the bullseye squarely in his sights 20 years ago when he described the rural electric story as one of the very best things we have to tell about our country.

"The brilliant story of the rural electric cooperatives in the United States is one of the best we have to tell abroad," he said. "There is nothing like it anywhere else in the world."

Secretary Rusk understood the magic of a formula that delivers results in those special cases where great need calls for remarkable measures. He recognized the unquestioned rightness of the answer that works.

User-owned rural electric service worked from one end of this country to the other. It still works, doing the basic job it was intended to do—and much more.

The real tub-thumping eloquence of this inspiring answer to one of the toughest problems ever faced by the American people is in its ringing affirmation that people, themselves, can do powerful things in their own behalf if they are given the chance.

That's exactly what rural people did when they decided they needed electric light and power just as much as any others in this country-perhaps more—and recognized at last that no modern miracle was going to provide it for them.

They invented their own answer, and while a disbelieving world watched, they created their own electric utility systems, extended them, expanded them, modernized them and sailed into a bright, new world on the momentum of their own efforts.

In doing so, they made all of America the better for it, as they opened new markets for the goods and services of the cities, and used their new electric servant to produce huge quantities of quality food and fiber that their urban neighbors could afford.

It was almost a miracle at that.

But it wasn't enough. These rural Americans went on to create new job opportunities, to help build better communities with good schools, well equipped hospitals, recreation and useful services for themselves and their neighbors.

May will mark the Golden Anniversary of this people-program's beginning—a half-century of building and rebuilding, of investing and risking, of doing, and doing again.

And we're holding our aim steady on Dean Rusk's bullseye, because we're not done yet.

In This Issue . . .

10 Annie Lowry: Co-op Pioneer

16 Catawba Unit Licensed, Produces First Power

18 Washington Scene

22 Hank's Gardening Guide

24 Museum Exhibit Will Mark 400th Anniversary Of The Roanoke Voyages

10

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By North Carolina Group

Proposed SCS Shutdown Stirs Opposition

Supervisors of North Carolina's 94 Soil and Water Conservation Districts have adopted a resolution calling on Congress to keep the Soil Conservation Service alive and functioning.

The resolution was adopted in response to a proposal from David Stockman, director of the federal Office of Management and Budget, which would eliminate the U.S. Department of Agriculture agency in two phases.

Under the proposal, the SCS appropriation for the 1985-86 fiscal year would be reduced from its present $821 million to $350 million, with the smaller amount to be used to complete current contracts and obligations. One year later, the agency would be completely eliminated.

The Tar Heel supervisors adopted the resolution at their annual convention in Raleigh Jan. 7-9, which drew about 450 participants from across the state.

The resolution says in part: "These proposals are a direct threat to the constructive relationship that has existed between Soil and Water Conservation Districts and the Soil Conservation Service . . . (and) elimination of these programs would be disastrous for the nation."

The resolution urged supervisors, individually and in groups to "intercede with members of Congress (who must decide on the OMB proposals) to make certain that the present strong and effective program carried out jointly with SCS and districts is continued and strengthened."

Frank Jeter, chairman of the association's Public Relations Committee, told the supervisors, "It's up to us to do this. It's against the law for employees of federal agencies such as the Soil Conservation Service to make public statements on pending legislation."

Jeter, a retired public information officer with the Soil Conservation Service, was elected as a Wake County supervisor a year after his retirement.

At the convention, Assistant Secretary of Agriculture Wilmer Mizell of Winston-Salem, keynote speaker at the convention, told the group: "Conservation is a Number One priority with the Department of Agriculture."

When asked about the proposal to shut down the Soil Conservation Service, the former North Carolina congressman grinned and said: "That little story just means the bargaining begins."

The SCS is the principal agency that works with conservation districts, providing technical assistance on agricultural land and other land, working on flood protection projects, and carrying out the national soil survey. SCS employees work directly with landowners and government officials. Supervisors set priorities on programs to be carried out.

The move to eliminate SCS comes as the agency is observing its 50th anniversary. Both the SCS and conservation districts were created by Dr. Hugh Hammond Bennett of Anson County, considered the "father of the modern conservation movement."

The North Carolina association has alerted associations in other states, about its actions hoping to create a national movement that will persuade House and Senate members of both parties in Congress to oppose the SCS shutdown.

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N. C. Grange Seeks Contest Entries

Entries are now being accepted in four crafts and sewing contests sponsored by the North Carolina State Grange.

All four are open to non-members as well as Grange members.

The contests are:

- The National Grange Sewing Contest, covering four classes and various prizes, requires the use of a current Simplicity pattern. Closing date is April 15.
- The National Grange Needlework Contest, sponsored by Coats and Clark, Inc. includes three groupings with 10 classes. Closing date is Aug. 31.
- The Second Annual Poly-fill Quilt Contest includes two divisions—individual or group quilters with classes for hand or machine quilting. Closing date is Aug. 31, but work on the quilt can extend over the period of one year. Use of poly-fill batting and size limitations are the only requirements.
- The Ninth Annual Poly-fill Stuffed Toy Contest includes three classes by age groups. The toys, which must be stuffed with poly-fill, will be donated to children's homes and hospitals across North Carolina. Closing date is Aug. 31.

For more information and entry forms on these contests, write to Vinnie G. Kiser, women's activities director for the N.C. State Grange, at Rt. 3, Box 510, Mooresville, N.C. 28115.

EMC Pays Tribute To Late Attorney

The Board of Directors of Blue Ridge Electric Membership Corporation, Lenoir, has adopted a resolution paying tribute to the late Ted G. West of Lenoir, who died in December after serving as an attorney for the co-op for nearly 20 years.

The resolution pointed out that West had provided legal services "in a capable and forthright manner" and "demonstrated his friendship through his many acts of kindness."

It cited him for his active role in political and civic affairs and in state and national rural electrification activities.

The tribute called West a "servant of the people and friend to all."

Fort Fisher Hosts Troop Encampment

The general public will have an opportunity to observe a reenactment of a troop encampment at Fort Fisher March 22-23.

The event, featuring a standard battery of field artillery and a company of infantry and cavalry, will be sponsored by the Fort Fisher Historic Site, in cooperation with the 23rd North Carolina State Troops, Company G.

For more information, write to Charles Clark, 1338 Beasley Road, Wilmington, N.C. 28403.

Blue Ridge EMC Gets REA Loan

Blue Ridge Electric Membership Corporation, Lenoir, has been awarded a $6.4 million loan from the Rural Electrification Administration for an expansion project.

The project will involve construction of 177 miles of new distribution line to serve 3,600 potential consumers as well as construction of two substations and improvements at six others.

The EMC serves about 40,000 consumer-members in Ashe, Alleghany, Wilkes, Watauga, Caldwell, Alexander and Avery counties.

Warning Issued On Hazardous Kite Cords

As kite-flying weather approaches, safety officials with North Carolina electric cooperatives have issued a warning to Tar Heel consumers about the hazards of using metallic cord on kites.

Cover: "The Homecoming" By Richard Tumbleston

This month's cover is a reproduction of a painting titled "The Homecoming" by Richard Tumbleston, a South Carolina native who now makes his home in Boone.

The watercolor was done especially for a fund-raising project of the Boone Area Chamber of Commerce to plant trees throughout the community. Signed and numbered prints of the painting are being sold to help finance the tree planting effort.

Tumbleston studied studio art at Mars Hill College, where he received a degree in 1973. While at Southeastern Baptist Theological Seminary in Wake Forest, he continued painting part-time. After receiving a master of theology degree at Southeastern in 1977, he began painting full time.

Since then, his work has been featured in 20 one-man shows throughout the Southeast and has been purchased for the corporate collections of R. J. Reynolds and Wachovia Bank and Trust Co.

Prints of "The Homecoming" are still available at the Boone Area Chamber of Commerce, 600 Highway 105 Extension, Boone, N.C. 28607. Phone: (704) 264-2225. The prints are priced at $25 each, plus $5 for handling and postage.

Cords of this sort can conduct electricity if they come in contact with power lines.

The Consumer Products Safety Commission in Washington banned aluminized-polyester kites in 1979, but the ruling did not cover kite cords.

"We just want to caution consumers to be sure the cord they or their children use on kites isn't metallic. That kind can be deadly," said John Brothers, a job training and safety specialist with the North Carolina Association of Electric Cooperatives.

The warning was issued because a 15-year-old Gaston County boy was killed last May when the metallic cord on a plastic kite he was flying touched a 7,200-volt power line near his mobile home.

Animal Health Explored In 1984 USDA Yearbook

The 1984 Yearbook of Agriculture, titled *Livestock and Pets*, has been published by the U.S. Department of Agriculture.

The book was written "to provide helpful information on animal health to both pet owners and those who have livestock in their charge," said Agriculture Secretary John Block. "There is something of interest here for nearly everyone."

The 688-page hardback has 87 chapters, 32 pages of color photos and more than 300 black and white photos.

Copies of the book are available for $10 each from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C., 20402.

Each member of Congress also has a limited number of copies for public distribution.

Museum Exhibit Features First Ladies Fashions

They're silk and shantung, brocaded and beaded. They're long and short and in between. They're "First Ladies Fashions" now on view at the N.C. Museum of History in downtown Raleigh.

A large color photograph of Mrs. Jim Martin's red inaugural ball gown, which she wore Jan. 5 at the 1985 inaugural ball, is being added to the 23 gowns on view. These dresses depict North Carolina fashion history for more than 200 years, according to Betty Tyson, museum registrar.

The exhibit is on display every four years following the inauguration of a new governor, Ms. Tyson said, and will be on view through March. She explained that display time must be extremely limited to preserve the fragile fabrics.

The earliest gown on display is an Empire gown of gold silk brocade with plaid trim, reportedly worn by Sarah Herritage Caswell, wife of Richard Caswell, governor, 1776-1780; and 1784-1787.

The most recent are the two from Carolyn Leonard Hunt, whose husband, James B. Hunt Jr. was the first North Carolina governor to serve two consecutive terms.

For the 1977 inauguration she wore a pale gold-dust silk peau de sole gathered skirt and bloused silk organza bodice with dolman sleeves. For the 1981 inauguration her dress was a French re-embroidered coral lace with tiered skirt, tapered sleeves and surplice neckline.

The Museum of History, an agency of the Department of Cultural Resources, is located at 109 E. Jones St., Raleigh. The museum is open Tuesday through Saturday, 9 - 5 p.m., Sunday, 1 - 6 p.m. Admission is free.

Continued on page 7

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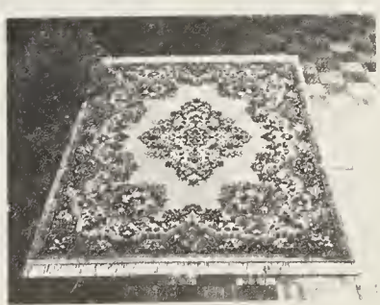

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Scholarships Honor Ashe County Couple

An Ashe County man and his wife have been honored for their roles in helping establish North Carolina's electric cooperatives during the early years of the rural electrification program.

Gwyn B. Price and Pauline Shoaf Price of Warrensville will each have their names applied to college scholarships that are presented to outstanding members of the Tar Heel Rural Electric Youth Tour to Washington.

The honors were bestowed by the Women's Advisory Committee of the statewide electric co-op program as part of the observance of the 50th anniversary of the Rural Electrification Administration in 1985.

The Gwyn B. Price Scholarship is an annual award of $1,000 that the women's panel has been sponsoring for several years.

The Pauline Shoaf Price Scholar ship will be a one-time award in an unspecified amount.

Both scholarships will be presented during the 1985 Annual Meeting of the statewide organization of Electric Membership Corporations.

Price, a former director of Blue Ridge EMC, Lenoir, served for many years as administrator of the North Carolina Rural Electrification Authority. In those roles, he was instrumental in getting many Tar Heel co-ops organized.

Wildflower Weekend Slated For May 18-19

Visits to private wildflower gardens in Boone and on the Blue Ridge Parkway will be part of the Wildflower Weekend program scheduled for May 18-19 by the Office of Conferences and Institutes at Appalachian State University.

The weekend will also feature tips on building and maintaining wildflower gardens and identifying and transplanting wildflowers.

For more information, write to the ASU office at University Hall, Boone, N.C. 28608.

UNC-CH Program Open To High School Students

The University of North Carolina at Chapel Hill is inviting 50 outstanding high school juniors to participate in an exciting new enrichment program sponsored by the College of Arts and Sciences.

The program, "Carolina Summer: Arts and Sciences for Academically Able High School Students," is designed for hard-working, bright and academically motivated rising seniors.

Acceptance into the program is by application, and students who are selected will come to Chapel Hill for three weeks of learning, personal growth and fun, according to UNC-CH officials. The students will live in a dormitory, attend classes, explore the campus and participate in special capstone sessions.

The purpose of the program is to challenge the students with college-level work they've never encountered before and to give them a taste of the independence and maturity that college life requires.

No college or secondary academic credit will be given, but students will be graded "pass-fail," given individual written feedback and awarded certificates for successfully completing the program. In addition, the students' high schools and any colleges they request will be notified of courses passed.

Cost of the program is $750, which covers all instructional and recreational fees, room rent and weekday meals. Several full and partial scholarships are available.

For further information, write to Dr. Joseph Lowman, director, Carolina Summer, College of Arts and Sciences, 252 Davie Hall, UNC, Chapel Hill, N.C. 27514; or call (919) 962-8605.

Summer Institute Set On Decorative Arts

"Early Southern History and Decorative Arts" is the title of a graduate summer institute that's scheduled for June 30-July 26 at the Museum of Early Southern Decorative Arts in Winston-Salem.

Sponsored by the museum and the University of North Carolina at Greensboro, the program will offer participants an opportunity to study decorative arts within an historical context. The institute carries graduate credit in history.

Deadline for applications is April 20.

For more information and application forms, write to Sally Gant, Education Coordinator, Summer Institute, Museum of Early Southern Decorative Arts, P.O. Box 10310, Winston-Salem, N.C. 27108 Phone: (919) 722-6148.

Home Folks

Johnny and **Lynn Stroup** of Mecklenburg County have been named the Young Farmer and Rancher of the Year for 1984 by the North Carolina Farm Bureau. Stroup operates a dairy farm in partnership with his father and brothers . . . . . **Dr. Charles Lassiter**, head of the Department of Animal Science at N.C. State University, has been appointed to the Veterinary Medicine Advisory Committee of the U.S. Food and Drug Administration . . . . . **Karen L. Liles** of Wadesboro is the only North Carolina artist among the seven who have been awarded the 1985-86 Southeastern Artists Fellowships of the Southeastern Center for Contemporary Art in Winston-Salem. Each award is for $3,000.

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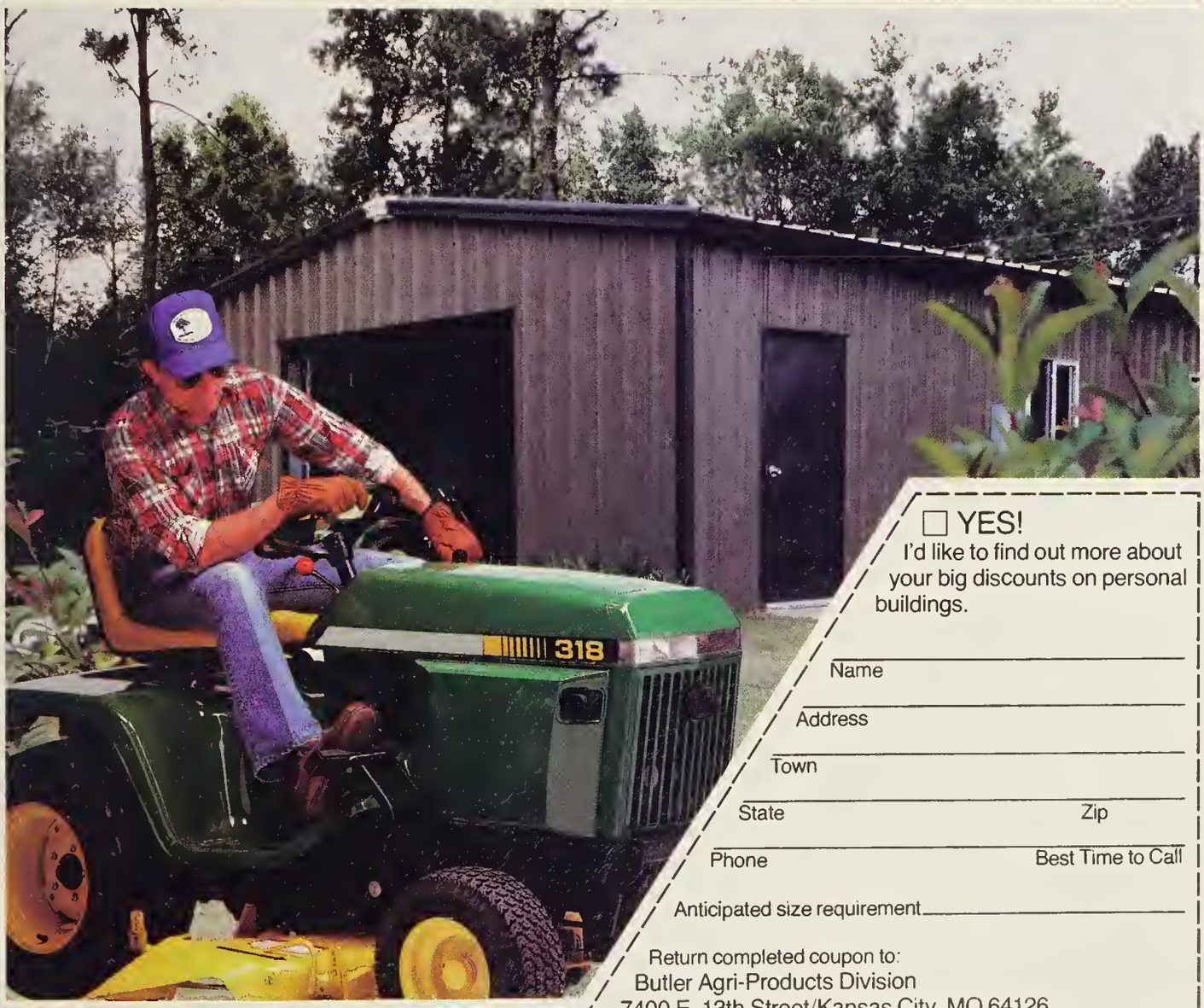

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Annie Lowry: Co-op Pioneer

Women like this retired Pasquotank County teacher have been working quietly for 50 years to support the nation's rural electric co-ops.

On May 11, 1935, President Franklin D. Roosevelt signed an executive order creating the Rural Electrification Administration to bring power to rural America. Now, 1,000 rural electric cooperatives later, rural electric systems are marking the anniversary of their 50-year history. Here is a part of that story.

Folks around Elizabeth City in 1948 knew that Gaston Meads, a middle-aged grain farmer well set in his ways, loved best to go to baseball games and second best to sway back and forth on his porch swing.

So when he was among those holding up Albemarle Electric Membership Corporation's progress by refusing to sign up as members of the new rural electric cooperative, Annie Lowry went to his house, sat with him on his porch swing and talked about baseball.

"He said electricity wouldn't do him any good," Lowry recalled 36 years later. "He's enjoyed many a baseball game since then, though, right on television in his own home."

The retired school teacher said her friends used to laugh at her "because I wanted electricity so bad." She visited friends and strangers to get a signature and a $5 bill so the co-op would bring electricity to the isolated farm roads ignored by other utilities.

Women in the 1940s didn't generally tell old farmers what to do. But when they threatened Lowry's own chance for electricity, she knew she had to act.

"I think a woman can sit down and enumerate more things that electricity means to a home than a man can," Lowry said. "Electricity is so important to her work. Just think of what electricity means inside a home."

Lowry never considered running for the board of directors, though. "They didn't have women on the board then," she said matter-of-factly.

But things are changing. Today, the manager of Hertford-based Albemarle EMC is a woman.

Women still work behind the scenes for the rural electric program, but now they do things like raise money for political action committees and lobby for legislation benefitting rural people.

Increasingly, however, women are filling leadership positions. Of the 10,000 rural electric board members across the country, 138 are women. There are 11 women co-op managers and one female statewide co-op association manager.

Annie Lowry of Elizabeth City, who helped start Albemarle Electric Membership Corporation, Hertford.

"The only progress we make is going to be very slow," said Jane Hieb, a director at Buffalo Electric Cooperative in Alma, Wisc. "If you try to come in and change things overnight you'll find yourself on the defensive all the time."

Hieb, a freelance writer and mother of eight who helps run a hog farm, pointed out that there have always been women who were "not typical of their generation." But Hieb said the women who stayed home to run the farms while their husbands formed the co-ops may be the most important women to the program.

Margery Terwilliger, an East Brady, Pa., woman whose husband is a director at Central Electric Co-op, agrees with the importance of the behind-the-scenes work.

Terwilliger's group, the 100-member Pennsylvania Rural Electric Women's Association, helps the statewide's political action committee determine which candidates to support by rating their voting records on rural issues. They organize letter-writing campaigns and they visit their state representatives regularly. They work at booths at co-op meetings, sell tickets to functions, sew quilts and publish cookbooks to raise funds for co-op projects.

As the rural electric program began, women all over the country wrote to Eleanor Roosevelt asking her to use her influence to bring electricity to rural America. Today, groups like Terwilliger's and the 2,000-member National Rural Electric Women's Association, focus women's involvement in a more organized form.

As one of those women who became a director, Hieb said that a board made up of both men and women better represents a co-op's members.

"I can look at issues that come up from a different consumer perspective."

One of the memorable pioneer board members was Anna Dahl, who served as secretary of the board of directors from 1941 to 1967 for the Sheridan Electric Cooperative in Medicine Lake, Mont. In 1955, Dahl was instrumental in winning for her co-op a load from a government radar base. After telling her congressman that co-op lines ran within mile of the base but the Navy was planning to use power from an investor-owned utility, the co-op got the load and the government saved $850 million. Her action allowed other co-ops to win defense contracts.

Those who remember how hard their mothers worked before electricity let them toss out their heavy

irons, leaky wash tubs and awkward water pails, have a special respect for the women who helped bring lights and an easier life.

"If it hadn't been for not only my mother but a lot of other women, it might not have been so easy. We might not have had electricity," said Annie Lowry's son, Walter, who is a director of Albemarle EMC. And although women no longer have to cajole old farmers into signing up for a new co-op, they are "just as important now," he said.

"It's a matter of cooperation," Annie Lowry said.

Her son, who remembers watching his mother hurry off to Gaston Meads's house in 1941, agreed, adding: "It was all of them working together—men and women both."

—Sharon O'Malley
Rural Electric News Service

Nine Named To EMC Women's Committee

Nine women from across North Carolina have been named to the Women's Advisory Committee of the statewide organization of Electric Membership Corporations.

Each of them represents the Women's Committee at a local EMC on the statewide panel, which oversees various projects, including a college scholarship program to recognize outstanding members of the annual Tar Heel Rural Electric Youth Tour to Washington.

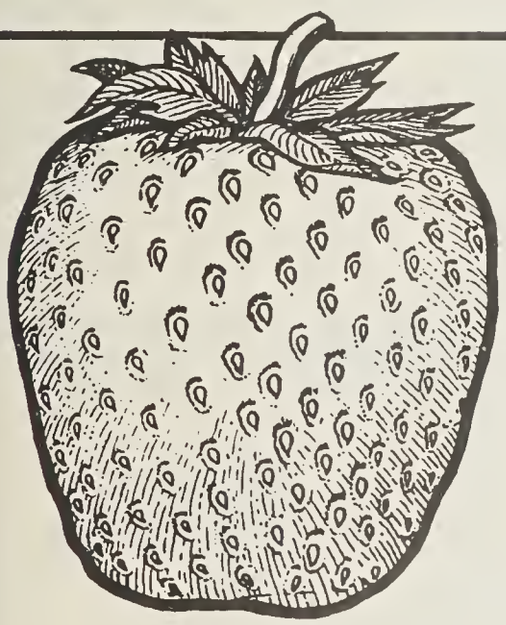
The statewide committee also plans an annual conference for members of EMC Women's Committees and Member Advisory Committees.

Officers of the committees are Linda Whitehurst of Rt. 5, Greenville, Edgecombe-Martin County EMC, Tarboro, chairwoman; Undine Barnhill of Rt. 1, Enfield, Halifax EMC, Enfield, vice chairwoman and Una Edwards of Rt. 2, Sparta, Blue Ridge EMC, Lenoir, representative to the board of the National Rural Electric Women's Association.

The committee members, listed by EMCs are:

Brunswick EMC, Shallotte - Janice Gore of Rt. 3, Whiteville; Edgecombe-Martin County EMC, Tarboro - Ruth Cherry of Rt. 4, Rocky Mount; French Broad EMC, Marshall - Lillian Corbett of Marshall; Halifax EMC, Enfield - Arnette Willey of Rt. 3, Enfield.

Also: Haywood EMC, Waynesville - Isabella Redmond of Rt. 3, Clyde; Lumbee River EMC, Red Springs - Rose Prevatte of Rt. 2, Pembroke; Pee Dee EMC, Wadesboro - Katie Bunch of Rt. 2, Laurel Hill; Pitt and Greene EMC, Farmville - Edna Moore of Snow Hill; Roanoke EMC, Rich Square - Corene Harris of Rt. 1, Pendleton.



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That is why people get varying amounts of heat from the same amount of wood. Heavier woods, such as hickory, will give almost twice the heat of light woods, such as white pine.

The weight of equally dry wood per cubic feet is as follows: hickory, 46; white oak, 45; red oak and beech, 43; sugar maple and birch, 42; ash, 41; slash and longleaf pine, 40; red maple, 37; loblolly and shortleaf pine, 35; sweetgum, tupelo, elm, sycamore and Virginia pine, 34; red cedar, 33; yellow popular, 30; and white pine, 25.

Any person buying wood also needs to find out when it was cut.

"Newly-cut or green wood may be up to 50 percent moisture," Allison says. It is more difficult to burn and much of its heat will be used to evaporate the moisture in the wood rather than to heat the home.

It takes 6 to 8 months to dry firewood properly. Split wood dries faster.

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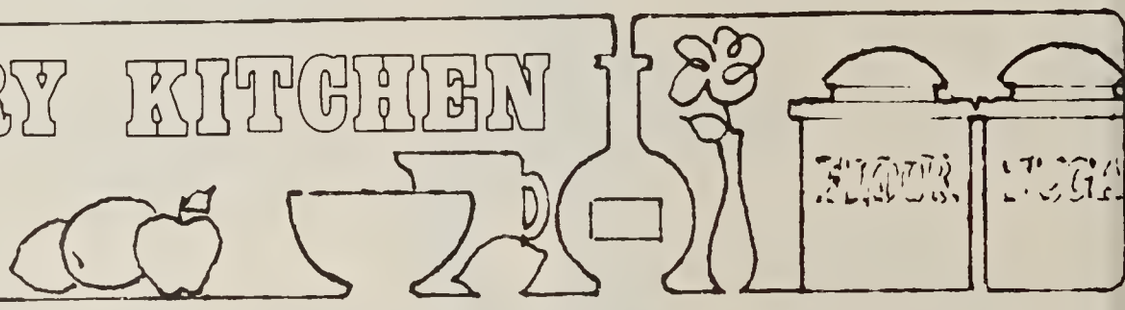

Want To Share Your Recipes?

If you would like to share a recipe with this column, send it to: CAROLINA COUNTRY, P.O. Box 27306, Raleigh, NC 27611.

We pay $5 for published recipes and present each monthly winner a set of 50 recipe cards with the winning recipe printed on them.

My Best Clam Chowder

Submitted by Mrs. Elizabeth Thompson of Hope Mills

½ pound diced bacon
2 cans minced clams
6 cups whole milk
4 cups diced potatoes (uncooked)

Brown the bacon in frying pan. Drain and put into a deep sauce pan. Add the liquid off the clams to the bacon. Stir in the milk and add the potatoes. Cook on low temperature until the potatoes are tender; about 20 min. Finally add the minced clams and cook about 10 min. or more. Serves 4-5 people.

DO YOUR OWN THING

Baby's Own Boutique

From bibs to bunting, here is everything you need to welcome home that newborn baby. More than 17 projects are included in this full-color, 33-page guidebook.

By following the step-by-step directions and photos, you can brighten your nursery or create a special gift for a friend. Make a heart-shaped crib toy or bundle your baby up in cozy bunting. Other projects include a stroller bag, seat cover, shoulder cloth, and a full crib ensemble!

To obtain BABY BOUTIQUE, #G465, send $7.25, including first class postage and handling.

Cute and colorful animals are another way to add charm to a child's room. Make Elmer Turtle, Ms. Duck, Millie the Mouse, and many others!

This 15-page guidebook contains step-by-step directions, color photos and diagrams for 15 projects using chenille stems, acrylic pom poms and other basic materials.

To obtain POM POM PLAYTHINGS, #M821, send $3.75, including first class postage and handling.

If you enjoy a variety of sewing projects, you may like to try our SEWING GRAB BAG, #CB14 (six different guidebooks NOT including #G465 or #M821), $9.95.

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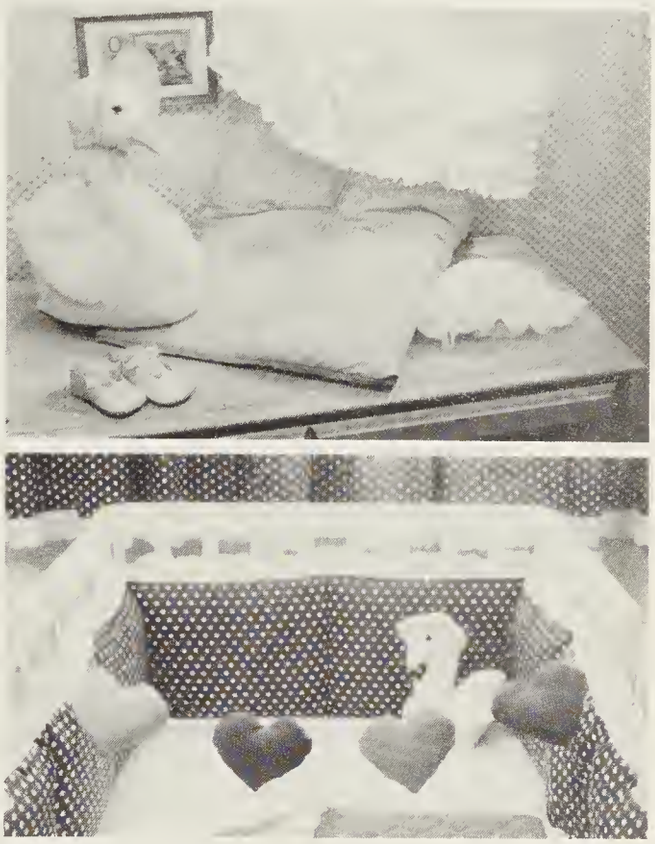

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The top dial shows the time of day and the bottom dial shows the month and date. Both dials are operated by an eight-day key-wind movement.

If you'd prefer a clock that doesn't require winding, our second offering is one that works on a flashlight battery. It'll run for a year on a single battery and won't stop if the electricity goes off! Both plans list a source for the clock works if they are not available in your area. Step-by-step instructions and photos will guide even the amateur woodworker in creating these timepieces.

To obtain CALENDAR CLOCK, Pattern #704, or WALL CLOCK, Pattern #436, send $3.95 for each, including first class postage and handling.

For those interested in a complete kit for a standing hall clock, write for detailed information.

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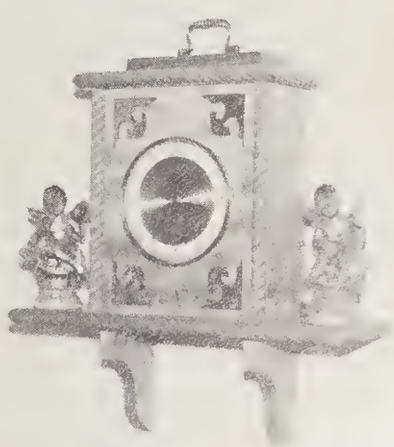

The Catawba Nuclear Plant and its cooling towers

Catawba Unit Licensed, Generates First Power

Unit 1 of the Catawba Nuclear Plant near Charlotte has produced its first electricity as part of preliminary testing of the facility, which is partially owned by North Carolina's Electric Membership Corporations.

The electricity was generated at 2:11 a.m. on Jan. 22, just five days after the 1,145-kilowatt unit had received its full-power operating license from the Nuclear Regulatory Commission.

"We've passed another major milestone," said Douglas Leary, manager of power supply for N.C. Electric Membership Corporation, the generating and transmission co-op serving the state's EMCs.

"So far, the testing process has gone smoothly at Unit 1 and with the generation of its first power, we don't expect any delay in getting it on-line as scheduled," he added.

The unit is slated to go into commercial operation in June.

The NRC unanimously approved the license, turning aside two environmental groups' claims that the federal agency had not adequately addressed allegations that possibly faulty welds and pipefitting were overlooked by quality assurance inspectors.

NRC officials said more than 80 of the agency's own inspectors had spent about 25,000 hours—11,000 in the past two years—at Catawba and were confident that its operation posed no undue health or safety risk to the public.

The plant, which is situated on Lake Wylie in York County, S.C., about 19 miles southwest of Charlotte is a joint venture involving electric co-ops, municipalities and Duke Power Co.

Duke is building the facility and will operate it once it's completed. The firm owns 25 percent of Unit 1, while N.C. EMC owns 56.25 percent. The remaining 18.75 percent is owned by Saluda River Electric Cooperative, an alliance of South Carolina electric co-ops.

Unit 2, which is a twin of Unit 1, is owned by two groups of municipal electric systems. The N.C. Municipal Power Agency No. 1, representing several Tar Heel municipalities, owns 75 percent. The remaining 25 percent is owned by the Piedmont Municipal Power Agency, which represents several South Carolina municipalities.

Unit 2 is slated to go into operation in June, 1986.

Although Catawba's Unit 1 is not yet operating, the North Carolina EMCs have been tapping their share of the plant since Nov. 1, 1983, through an "exchange" arrangement involving Duke Power's McGuire Nuclear Plant.

That arrangement allowed the co-ops to begin taking their proportionate share of energy from McGuire, which is on Lake Norman 17 miles north of Charlotte, until Catawba becomes operational.

"Without that option, the EMCs would have missed about 18 months of the benefits from the joint venture, which will amount to millions of dollars," said Leary.

The EMCs had no generating facilities of their own prior to triggering the McGuire "exchange" as part of the Catawba project.

The joint venture plan was established with Duke in 1981 following five years of negotiations with Duke and more than three decades of off-and-on efforts by the co-ops to provide part of their own energy supply.

It also transformed N.C. EMC, the power supply arm of the statewide EMC organization, into a full-fledged generating and transmission operation.

In that role, N.C. EMC is the power supplier for its 27 member co-ops. Charges for electricity from the Duke arrangement and for power from other companies are billed to N.C. EMC rather than the individual EMCs. N.C. EMC, in turn, bills the co-ops for the power their consumer-members use each month.

"As part of that billing process, the cost savings from the Catawba project are shared equitably by all of the member systems across the state," Leary pointed out.

Financing for the EMC' arrangement with Duke comes from private money markets through the Federal Financing Bank, with the Rural Electrification Administration providing a loan guarantee of $1.5 billion. No federal funds are being used.

—Owen Bishop

Rate Hike Effective Feb. 14

EMCs To Get Valentine's Day "Gift"

Many of North Carolina's Electric Membership Corporations will be getting a special Valentine's Day "gift" of sorts this year—but there'll be no hearts or flowers involved.

It'll take the form of an increase in the wholesale cost of power for the 28 EMCs that buy bulk electricity from Carolina Power and Light Company.

The Federal Energy Regulatory Commission set Feb. 14 as the starting date for the rate increase, which will boost the Co-ops' power bills by 10.2 percent.

The date was established as the federal agency granted a one-day suspension of Phase I of CP&L's rate hike proposal.

The FERC ruled that Phase II of the request would be suspended for five months, which will allow it to take effect on July 14. Phase II would raise the rates another 5.4 percent.

The two phases together will produce about $33.5 million in additional annual revenue for the company.

Under FERC procedures, wholesale rate increases are routinely allowed to take effect after a suspension period while the merits of the proposals are evaluated. If the hike is later found to be too high, the excess must be refunded to the customers involved.

North Carolina EMC, the power supply arm of the statewide organization of electric co-ops, is moving to oppose the increase at FERC and seek a reduction through negotiations with CP&L.

EMC officials are objecting to the rate proposal in part because it is based on providing CP&L with a 16.5 percent return on equity, which is higher than the level being recommended by FERC as a national standard for utilities.

The EMCs that would be affected by the rate increases are: Brunswick, Shallotte; Carteret-Craven, Morehead City; Central, Sanford; Four County, Burgaw; French Broad, Marshall; Halifax, Enfield; Harkers Island; Haywood, Waynesville; Jones-Onslow, Jacksonville; Lumbee River, Red Springs; Pee Dee, Wadesboro; Piedmont, Hillsborough; Pitt and Greene, Farmville; Randolph, Asheboro; South River, Dunn; Tideland, Pantego; Tri-County, Dudley and Wake, Wake Forest.

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WASHINGTON SCENE

White House, Congress Seeking Ways To Trim Federal Budget Deficit

Last fall, the country was Standing Tall. It was "morning in America."

There may have been a record deficit in the federal budget, but the economy was going to be stronger than ever and that would somehow take care of the shortfall.

That was the message President Reagan trumpeted across the land to resounding cheers—and an overwhelming victory at the polls.

Yet, a week after the votes were counted, the nation's budget chief took out his tape measure and found that America wasn't standing quite as tall as all that, financially speaking.

Perhaps, said David Stockman, it later than we thought—maybe even high noon.

The budget deficit, he said, is going to grow and unless something is done quickly, it's going to get completely out of hand.

Reality had set in on the banks of the Potomac River.

With the national debt now almost two trillion dollars, hard choices lie ahead in the capital.

The White House announced tha it wants to cut the budget deficit to at least $100 billion by 1988, and although that is the largest deficit that the nation has faced to date, it seemed to consider that a difficult goal.

Senate Republicans said they wanted to do better and came up with a budget of their own. They didn't wait for the President's budge proposals but started early in January to form their own spending agenda for 1986.

The White House went to great lengths to say that Senate Republicans, by seizing the budget initiative, weren't upstaging the President. Some members of Congress didn't see it that way.

Fifth District Rep. Steve Neal of Winston-Salem was one who disagreed.

"At this point, it looks like the president is going to roll over and play dead on the budget," Neal said. "The White House has admitted that it can't deliver on its promises to cut the deficit to $100 billion a year by 1988. It will be up to Congress to do it if it's done.

"And the administration can then blame Congress for anything that happens. I just hope Congress takes the deficit more seriously than the President has done, because no issue is more important."

Few programs were immune from cuts as budget makers set to work to reduce the amount of red ink.

The President wants to keep spending more to beef up defense, a does Secretary of Defense Casper Weinberger but they met immediate opposition in Congress. It came not from Democrats but from Sen. Barry Goldwater, chairman of the

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nate Armed Services Committee
d a strong advocate of military
ildup.

"Congress won't buy it if we
empt defense from the freeze,"
said.

It was apparent that no federal
ogram, including Social Security,
going to be overlooked as
ongress tries to get spending into
me kind of a balance with income.
This means that when the budget
finally written for the fiscal year
at starts in October, some
ograms—such as Amtrak—will get
money at all and others will be
arply reduced. These latter include
m price supports (including
bacco), rural housing and rural
ctrification, government student
ans, the space program and farm
vnership loans (see story, page 4
r more details).

Medicare and foreign aid may be
ozen at 1985 levels, Senate staff
embers say.

But that's the view from the Sen-
, where Republicans have a ma-
ity. The House of Representatives
expected to see things differently.

The proposal to cut rural
ctrification support, for instance,
't likely to be well received there.
Rep. Neal, a staunch supporter of
e rural electric program, said the
ral Electrification Administration
due for extensive budget paring in
e proposal being developed by
nate Republicans.

"It will be up to the House to
event damage to this vital
ogram."

Even some House Republicans are
ving some trouble with the White
use attempt to reduce REA
pport.

Rep. Edwin Madigan, an Illinois
publican who comes from a
strict that is largely rural, says
agan will have trouble selling less
pport for REA unless he "takes a
tionwide approach to cuts."

He added:

"Someone like myself cannot help
e president eliminate things in my
strict, when he's not talking about
lifornia."

Many other members in the
use who come from heavily rural
stricts share Madigan's concerns.

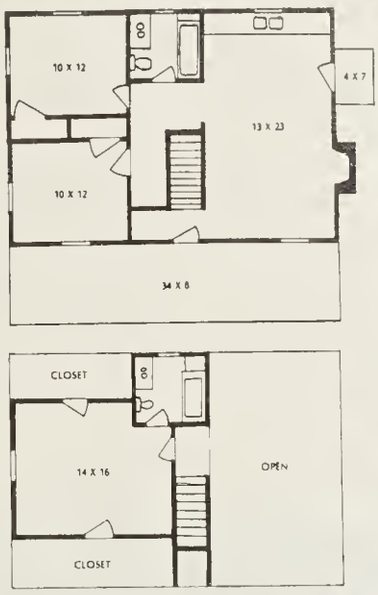
So the budget road ahead,
observers agree, will not only be bumpy but unmapped, as both the White House and the Congress seek ways to move back toward fiscal responsibility.

And most experts say that there are likely to be enough cuts in federal spending to let everyone share in the sacrifices that will have to be made.

After the cuts are finally made, most economists think that some way to increase the money the government collects must be considered, although President Reagan has remained firmly opposed to any tax increase.

But he may have to use the same strategy he's adopted on the budget—simply allow Congress to do what's necessary to get rid of some of the red ink.

COMPARE



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A "Homecoming" For Bluebirds?

In the spring of 1983 I put up a birdhouse especially for bluebirds. A pair started inspecting it at once. They hatched several broods during the summer.

The night before Christmas that year, my husband and I were surprised to see eight or more bluebirds come back to the limbs of our pecan trees and take turns about going in and out of the house. I told my husband I believed they were having a homecoming for Christmas.

We've now added more houses and the birds continue to come to inspect each house, but they all go back to the house where I believe they were hatched.

I read the bluebird story in your magazine last March and wanted to let your readers know of my experience with bluebirds.

Dora Parker
Rt. 8, Hickory

Magazine: "Wonderful"

I'm enclosing $2 for a one-year subscription to *Carolina Country*. I used to receive this little magazine before my husband died and I had to move away. I have missed it so much. I think it is a wonderful magazine. I like it very much; I like the patterns and recipes—in fact, all of it.

Mrs. Clyde Belcher
Rt. 3, Candler

Reunion Planned For World War II Shipmates

Old shipmates of the U.S.S. Zeilin APA 3 are invited to a reunion in San Diego May 31 to June 2, 1985. If you're interested, write to Ted Hoffman, 35444 Ave. H., yucaupa, CA 92399.

Haywood F. Wiley
Manteo

EMC ANNUAL MEETINGS CALENDAR

Date	Electric Membership Corporation	Time	Location
March			
16	Edgecombe-Martin County, Tarboro	Registration: 12:00 noon Business Meeting: 2:00 p.m.	Edgecombe Technical College Auditorium, Tarboro
22	Jones-Onslow, Jacksonville,	Registration: 6:00 p.m. Business Meeting: 7:00 p.m.	Jacksonville Senior High School. Jacksonville
22	Wake, Wake Forest	Registration: 6:00-7:15 p.m. Entertainment: 6:30 p.m. Business Meeting: 7:15 p.m.	Wake Forest-Rolesville, Senior High School Gymnasium, Wake Forest
28	South River, Dunn	Registration: 6:30 p.m. Entertainment: 7:30 p.m. Business Meeting: 8:00 p.m.	Cumberland Memorial Auditorium, Fayetteville

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Farmer giving witness in a rural Tennessee church in the early 1940s

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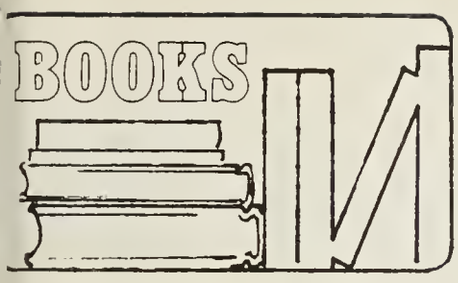

Cruising Guide To Coastal North arolina by Claiborne S. Young. ublisher. John F. Blair, 272 pages. 17.95.

This attractive, large format (8 x 9 ch) paperbound book is the best ıe I've seen for people wanting to uise the sounds, river and estuaries at line the coast of North Carolina.

Encyclopedic in its coverage, it prodes elaborate details on the best aces to go in power or sailboats, arns of hazards that exist in several cations, and even tells where you n refuel your boat with gasoline or esel fuel and yourself with fresh afood.

Claiborne Young is evidently an ıthusiastic cruiser for he writes zestlly of places "where you can really uise" but warns of the "chop" on lbemarle Sound.

The book's cruise takes us south. starts with the Dismal Swamp and irginia-North Carolina Cut (offially the Albemarle and Chesapeake anal) as two approaches to Albearle Sound, and doesn't even get to lenton until page 33.

Every navigable part of the Intracoastal Waterway is covered—complete with the "flashing daybeacons" that line it.

While the book has useful sketch maps, and many attractive photographs as illustrations, it is clear that you'll need navigational charts as well as this handy volume for many stretches.

As mentioned, the entire area is covered: Alligator River, Pamlico Sound and the distinct and separate Pamlico River, all the way to Calabash.

In addition to the guidance, fascinating little stories are injected. The ghost of a bride, known for her waving hands, is just a few pages before the savage tale of Blackbeard's death at the hands of the Royal Navy.

Virginia Dare's legend is included, together with much historical information on coastal locations.

In this book, you read about [illegible] you've been, driving down to the beach, but from the viewpoint of the pleasure boat skipper—not the landlubber.

Even in the port city of Wilmington there is only one dock for pleasure craft—the one at the Hilton Hotel, which has plenty of depth but can dock only about three boats at a time.

Similarly, at the historic town of Bath, the "new, quite lovely inn, Bath Guest House, offers dockage for its patrons only."

This is not a book for anyone who wants to sail through one of our many inlets to the open sea. But it does tell you how far up some of the streams you can sail—whether you draw eight feet or only three and a half.

This is a good book for its special audience.

—*Frank Jeter Jr.*

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HANK'S GARDENING GUIDE

All the months in the year
Curse the fair Februeer.
—*Thomas Fuller, 1882*

February is a good time to start annuals and to root cuttings of house plants and deciduous shrubs. It's a time to make plans for what will be grown in the summer vegetable and flower garden. Outdoor planting time is just a few weeks away.

Plant Trees and Shrubs

You can continue planting container-grown, balled-and-burlapped, and bare-root shrubs and trees. This is the last period for successful bare-root planting. And, you'll want to water plants set out earlier, in case rainfall is scant. Maintain a mulch around all newly-set trees and shrubs.

Check Stored Bulbs

Remember those roots, corms, and tubers you stored last fall? Better examine them for signs of decay or severe drying. Sort through your dahlia and begonia tubers, canna and caladium roots and gladiolus corms. If they show signs of rot, cut away that portion and allow to dry before you return the plant parts to storage. If the decay is severe, remove the plant part to a drier place.

If the roots and tubers show signs of shriveling, it means that they are too dry. Slightly moisten the material in which the plant parts are stored. Don't get the storage material wet, or the roots and tubers will rot.

Glory of the Gloriosa

Among the hardiest of colorful perennials for the summer garden is the gloriosa daisy. These over-sized daisies have a color range of shades of yellow, orange and mahogany brown. Planted outdoors in early spring, they often bloom by mid-summer.

Gloriosas thrive in the heat of summer and will go for long periods without water. Plants sometimes are available at garden centers. They're also easily grown from seed. Once established, the plants live on year after year—as well as scattering seed over the flower bed.

Fertilize Pecans

Now's a good time to fertilize pecan trees. A good general rule-of-thumb is to apply two pounds of 8-8-8 or equivalent analysis fertilizer per year of age of the tree. Example: a 25-year-old tree should receive 50 pounds of 8-8-8.

Planting Dogwoods

Now's a good time to plant dogwood trees. The important thing in selecting the spot is good drainage. The important thing in setting the tree is shallow planting.

In nature, dogwoods grow most luxuriantly in hilly country of slopes and banks. If you can approximate this condition, you probably will have less trouble with borers.

Dogwoods thrive best in soil that's on the acid side. Elevate plants so roots will not sink too deeply into the soil. It's best to start with small trees.

Persisting Perennials

You can increase your stock of perennials by digging, dividing and resetting the following this month or next: daylily, chrysanthemum, shasta daisy, aster, coreopsis, and gaillardia. Now's a good time to transplant perennials such as canterbury bells, hollyhock, oriental poppy, foxglove (digitalis), columbine and English daisy.

It Pays To Plan

As the spring planting seaso approaches, it is worthwhile to devot time toward planning landscape wor both at the new home or in the re landscape of an old established yar Careful planning usually makes th difference between poor and exceller results. In the long run, good plannin can save you many hours devoted t the maintenance of landscape plan ings.

A few suggestions to follow i planning a landscape or re-landscap

- Place shrubs out far enough fro walls of buildings so they have roo to grow and develop into stron plants. A shrub too near the wall ca cause stain, possibly rot.
- Strive not to use too man varieties of shrubs in a foundatio planting. Many smaller homes nee no more than four to six differer kinds of shrubs. Too many forms c plant materials around a building wi give a cluttered appearance. It is eas to overdo a planting if you have fondness for plants. Use extra desire plants in a shrubbery border to scree or hide unsightly views.
- Take the time to prepare a goo planting hole for shrubs and tree They never can be better than the so in which they grow.
- If yard areas are not uncompl cated in their design and planting make them so. Group your plant Avoid string plantings of bulb annuals, and perennials. Also striv to group shrubs for ease in care a well as harmony in design.
- Use low-or slow-growing shrub beneath windows. Never allow a plan to grow up over a window. Window are expensive additions to a wall of building, installed to allow the move ment of light and air within a room.
- Don't clutter the lawn area wit a helter-skelter planting of larg shrubs, and ornamentals such as bird

aths, reflector globes, concrete ani-
als, trellises and arbors.

eed Pansies

Continue to feed pansy plants this
ionth with a complete fertilizer such
; an 8-8-8 analysis. Apply at the rate
f half a cup per square yard of bed
ea. Pick blooms often and keep all
ded blooms removed from plants.
his encourages new growth and
looms.

egetables

For your vegetable garden, choose
sunny, well-drained location that's
oid of root competition from trees
id shrubs. Spread three or four
ches of organic matter (compost,
ell-rotted manure, peat) over the
ntire plot. Mix thoroughly into at
ast the top six inches of soil.

Late this month or in March, plant
nglish peas, lettuce, spinach, onions,
dishes, turnips and beets.

Prune Crepe Myrtles

To encourage new growth and more abundant summer flowering, prune crepe myrtles now. Clip off the ends of branches, but do not destroy the beauty of the sculptured trunks and main stems. Crepe myrtles may be pruned heavily each year to produce a shrub; or, they may be allowed to grow into tree form.

Lawns

If fallen leaves continue to cover your lawn, make an effort to remove them this month. Tender grass can be killed by a number of problems that are associated with a cover of fallen leaves. Among these are diseases, insects, too much shade and too much moisture.

Stock up on a complete fertilizer such as 8-8-8 or equivalent for an application to the lawn just as new growth begins. Use 15 to 20 pounds per 1,000 square feet.

Protect Camellia Blooms

Unfolding petals of camellia blooms are easily bruised, resulting in a less-than-perfect flower. When whipped by the wind, plant foliage growing just below the opening camellia blossom will often bruise the delicate petals and sometimes cause distorted growth.

To prevent such damage, pin the leaves out of contact with the flower. Use clothespins to pin back leaves from the developing flowers.

Get An Early Start

Indoor plantings of fancy leaf caladiums, tuberous begonias, gloxinias and calla lilies will produce plants in good growth ready to set out in the garden after all danger of frost is past.

Start these in pots or flats of rich soil placed in a sunny window or a warm room; a glassed-in porch is near ideal.

—Hank Smith

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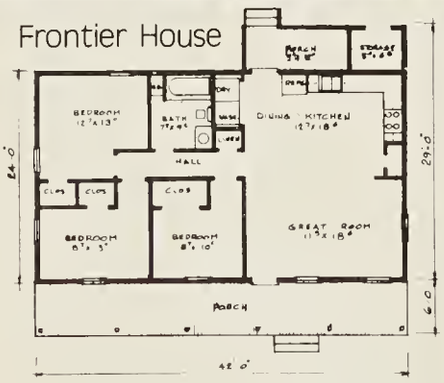

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Museum Exhibit Will Mark Anniversary Of The Roanoke Voyages

To feature artifacts and documents from England, hands-on displays, seminars and other events

When the English were challenging the Spanish claims to the new world about 400 years ago, there were no TV cameras to record the big moments. But the struggles and the discoveries will become real to those who see "Raleigh and Roanoke," one of the largest museum exhibits ever to come to the Southeast.

The exhibition, which will be at the North Carolina Museum of History in Raleigh March 8 - June 6, will bring together 157 artifacts and documents from 17 different depositories, including the British Museum and Library in London, where the show premiered. Many of the items have never before left England.

The list includes 16th century armor from the Tower of London; 400-year-old paintings by John White, one of the first European pictorialists of the new world and governor of the "lost colony" of 1587; Renaissance maps and navigational instruments; Sir Walter Raleigh's medical formulas and Indian artifacts, including a tomahawk and an obsidian mirror.

The exhibit is part of America's 400th Anniversary, a celebration North Carolina is hosting until 1987 to commemorate the Roanoke Voyages of 1584-1587. The voyages, sponsored by Sir Walter Raleigh, brought the first English settlers of America to what are now the Outer Banks of North Carolina. None of the colonies was permanent, but the information preserved by John White and others paved the way for more successful colonies at Jamestown, Va. and Plymouth, Ma.

"This is our first international exhibit," said John Ellington, museum administrator. "It's certainly the biggest historical exhibit ever to come to North Carolina, and we are thrilled to be able to offer it to the Southeast."

"Raleigh and Roanoke" traces the political and financial motives of the English and their Spanish rivals through portraits, coins, medals, books and letters. Included will be a 1531 discourse by Robert Thorne, an English merchant in Spain, to King Henry VIII, regarding a northwest passage to China; a pamphlet published in 1590 in defense of the 1585 colony on Roanoke Island by Thomas Harriot, a leading English scientist who was on the expedition and Captain John Smith's first report on the Jamestown, Va., colony, writte in 1608.

Twenty-three maps illustrating th increasing knowledge of new wor geography will be included in th exhibit.

The knowledge gained through th voyages will be evidenced by the Joh White watercolors of Indian and pla life in the new world, as well as h maps. To show just how accura White was, a satellite map of th Atlantic coast will be paired with h drawing of the same subject. Amo other object-painting pairings will l a specimen of a swallowtail butterf from the N.C. Museum of Natur History placed with White's paintir of the insect.

The "Discovery Room," an area hands-on displays, will be of speci interest to school children. They w be able to put on Elizabethan clothi and armor, use a cross-staff to d termine latitude and learn nautic terms and Indian words.

In conjunction with "Raleigh a Roanoke," a week-long seminar w be held March 11-14, with daily le tures by British and America scholars at 3 p.m. and 7 p.m. on th history behind the exhibit items a other topics related to the 400 Anniversary celebration.

Other events planned in conjun tion with the exhibit will be evening lecture series, "Archaeolo in North Carolina," to be held Ap 2-30 at the N.C. Museum of Histo Auditorium; demonstrations, filr and performances on Sundays at p.m., March 3-June 2; "Doing Histo Together," a series of worksho Saturday mornings for ages 7-70 a "The Best of British Films," Ap 15-May 6, hosted by Charles Carlto professor of history at N.C. Sta University.

Museum hours will be extend during "Raleigh and Roanoke," the exhibit is expected to be ve popular. Admission is free, and catalogue will be available f purchase.

Groups planning to visit are urg to make reservations now by calli 919/733-3456. For details, conta the N.C. Museum of History, agency of the N.C. Department Cultural Resources, 109 E. Jones S Raleigh, N.C. 27611, 919/733-389

Here's How To Reach Tar Heel Congressmen

Here are the current addresses and phone numbers of the North Carolina Congressional delegation, as constituted at the opening of the 99th Congress in January:

Senate

Senator Jesse Helms
United States Senate
D-402 Dirksen Senate Office Building
Washington, D.C. 20515
202/224-6342

Senator John P. East
United States Senate
SH-716 Hart Senate Office Building
Washington, D.C. 20515
202/224-3154

House of Representatives

1st District
Congressman Walter B. Jones
House of Representatives
1 Cannon House Office Building
Washington, D.C. 20515
202/225-3101

2nd District
Congressman I. T. Valentine
House of Representatives
07 Longworth House Office Building
Washington, D.C. 20515
202/225-4531

3rd District
Congressman Charles O. Whitley
House of Representatives
4 Cannon House Office Building
Washington, D.C. 20515
202/225-3415

4th District
Congressman William W. Cobey, Jr.
House of Representatives
0 Cannon House Office Building
Washington, D.C. 20515
202/225-1784

5th District
Congressman Stephen L. Neal
House of Representatives
53 Rayburn House Office Building
Washington, D.C. 20515
202/225-2071

6th District
Congressman Howard Coble
House of Representatives
1338 Longworth House Office Building
Washington, D.C. 20515
202/225-3065

7th District
Congressman Charles Roses
House of Representatives
2230 Rayburn House Office Building
Washington, D.C. 20515
202/225-2731

8th District
Congressman W. G. (Bill) Hefner
House of Representatives
2161 Rayburn House Office Building
Washington, D.C. 20515
202/225-3715

9th District
Congressman J. Alex McMillan
House of Representatives
507 Cannon House Office Building
Washington, D.C. 20515
202/225-1976

10th District
Congressman James T. Broyhill
House of Representatives
2340 Rayburn House Office Building
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Talented Toe-Tappers Tout Tar Heel Togs

A new line of women's sportswear, now being sold through Montgomery Ward stores and catalogs, bears the trademark of a famous New York City dance group—but it could also carry "Made In North Carolina" labels.

The dance group is the leggy, high-stepping Rockettes of New York's Radio City Music Hall.

The leisure clothes, Rockettes Actionwear, are made by Mount Airy-based Perry Manufacturing at its plants in Mount Airy, Dobson, Monroe, and Shallotte and in Elk Creek, Va.

The initial collection, "Islandic Pastels," includes eight coordinated pieces available in pink, blue and white: rompers, jump suits, pants, roll-sleeve tops, T-shirts and tank shirts, shorts, vests and an official Rockette sports bag.

This marks the first time in the 52-year history of the music hall that its Rockettes trademark has been licensed to an outside firm. The step was taken as part of an effort to diversify the income potential of the hall, which almost fell to the wrecking ball in 1978 before a devoted public came to its rescue.

Since debuting at the hall in 1932, the Rockettes have played to more than 260 million people from around the world.

Setting Record Straight On First U.S. President

Our item in last month's column about George Washington not having been the first president of the U.S. prompted Thomas Young of West End to write, taking issue with our information that credited John Hanson of Maryland as being the first president.

Young wrote: "John Hanson was, among other things, president (1781) of the Continental Congress, which was *not* the Congress of the U.S. It was a body assembled for the colonies at the time. The first Congress of the U.S. was not assembled until 1789. Washington was the first president, 1789-1797."

Exercise—Without Leaving Your Chair!

Pay attention, now, because you may not hear about this from anybody else. Once the word begins to get out, I feel sure Jane and Raquel and the Jazzercise folks will join forces to discredit the whole thing.

They might even take a cue from Sen. Helms in trying to keep it quiet by organizing to buy CBS, NBC, and ABC as well as the Ted Turner cable TV empire and most of the major U.S. newspapers and magazines.

This report, you see, could bring the entire physical fitness and exercise craze to a screeching halt—except maybe for a few fanatics who did that sort of thing just for the fun of it, even before it became fashionable. So you can understand why the exercise promoters might want to keep a lid on this bit of news, which came to me through confidential sources.

Here's the story: After extensive studies, unnamed specialists in California have quantified the calorie-burning effects of many activities never previously considered as part of traditional exercise programs. Their findings show that some such activities do indeed burn many calories and can become the basis for a complete "passive exercise program."

Under this program, activities listed as burning the most calories are: Swallowing your pride, Eating your words, Holding down a job, Begging forgiveness, Footing the bill—each at 900 calories.

These activities burn 750 calori each: Turning over a new leaf and Climbing the corporate ladder.

These, 500 calories each: Puttin your best foot forward, Eating cro Balancing the books, Stretching yo budget, Blowing your top, Wearin your heart on your sleeve, Exercis your rights, Buttering up your bos Bending over backwards, Breaking the rules and Knuckling down.

At the other end of the scale, so activities that might appear to take lots of energy actually burn relativ few calories: Jumping to conclusions, Passing the buck, Burying th hatchet, Collecting your thoughts, Getting off to a bad start, Falling o your face and Shooting your mou off each burn only 25 calories.

And a lot depends on exactly ho the energy is expended: Lifting yo spirits burns 50 while Lifting someone else's spirits burns 250. Changing your mind burns 50 but Changing someone else's mind bu 500. Swearing you did rates 150 b Swearing you didn't rates 500. Butting in is 25 while Butting out i 500. Passing bad checks is 25 but Getting caught is 900.

Yes, Jane and Raquel, there real is more than one way to burn a calorie!

—*Owen Bis*

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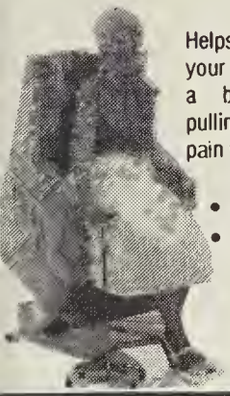

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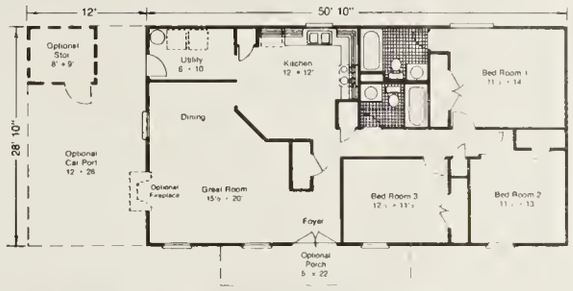

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Semi-evergreen foliage erupts in masses of fiery-red blooms, mid-summer to September. Covers troublespots with easy-care color. Hardy, Michigan nursery grown, (Dragon's Blood). Plant 6-12″ apart.

CROWNVETCH
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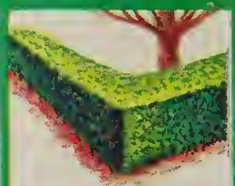
HANGING STRAWBERRY BASKET - $2.98

All in one . . . 3 hardy, everbearing trailing strawberry plants (Fragaria chiloensis), complete with hanging basket!



40 FEET PRIVET HEDGE - $3.98

20 rooted, certified healthy plants make 40 ft. of neat dressy hedge. Already 1 - 2 ft. tall, nursery grown. Grows quickly into dense compact green hedge.

Field Grown 2-3 Ft.

LOMBARDY POPLARS
(Populus Nigra Italica)

39¢ ea.
(Min. 5 for only $1.95)

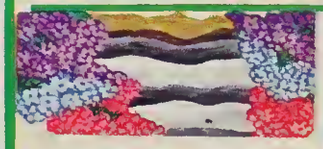
Hardy graceful beautiful shaped Lombardy Poplar is a valuable low cost tree

GRAPES
$1.98 each

Choice of Concord, White Niagara, or Red Catawba. Michigan nursery grown from cuttings from proven, heavy bearing vines. Will produce clusters of luscious grapes!

GLADIOLUS
40 for $1.95

Another tremendous bargain! Medium size Glads, 2½-3″ circ., all ready to burst into bloom this season in a dazzling display of mixed colors.



CREEPING PHLOX
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Hardy, Michigan nursery grown (Phlox subulata). Flowers freely with clusters of colorful pink, red, blue, white blooms. Ideal for rock gardens, bare spots.

DAHLIAS
5 for $1.98

Free blooming and fast growing! Blooming-size roots in an assortment of dazzling colors.

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20 for $1.98

Pretty blue flowers float on a dense carpet of evergreen foliage. Mature plant divisions (Vinca minor).

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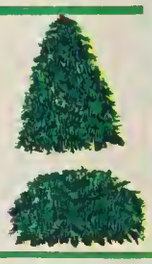
Favorite of professional landscapers because they thrive even where other evergreens do poorly. Maintain their good rich color all year 'round. Now only 99¢!



Goodbye To Moles, Gophers!

GOPHER PURGE - $1.98

Rid your grounds of moles, gophers, all burrowing animals, without resorting to cruel traps or chemicals. Already growing in 2¾″ pot (Euphorbia lathyris), guaranteed to send the little rascals packing! Plant along boundaries.

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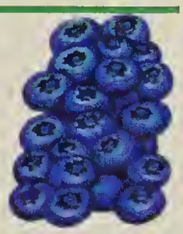
Jersey variety produces numerous grape-like clusters of powdery blue, firm sweet luscious berries. Michigan nursery grown — 2 required for cross-pollination. Mail in coupon today!



2-TONE FLOWERING DOGWOOD - $4.98

Pink blooms on some branches, white blooms on others — new hybrid offers both in one tree! Hardy, spring bloomer offers color for all seasons. 1 - 2 ft. ft. tall, 1 - 2 year old.

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	702	Grapes, White Niagara any 6 for $10.95)	
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